

What is claimed is:

1. An acupressure device for use on a selected skin surface portion of a human body, the device comprising:
 - a thin flexible base sheet having a first side, a second side and a margin, the margin having at least a portion shaped as an orienting margin, wherein the orienting margin is shaped to correspond to a shape on or adjacent to the selected skin surface portion when the base sheet is placed on the selected body surface;
 - an adhesive layer on the first side of the base sheet suitable for attaching the base sheet to the selected skin surface portion; and
 - at least one bead on the adhesive layer suitable for positioning against the selected body surface for providing acupressure to at least a portion of the selected body surface.
2. The device of claim 1 where in the flexible base sheet comprises a synthetic polymeric film, synthetic polymeric fibers in a woven fabric, or natural fibers in a woven fabric.
3. The device of claim 1 wherein the at least one bead comprises a metal or metal alloy.
4. The device of claim 3 where in the metal or metal alloy is selected from the group consisting of iron, titanium, stainless steel, nickel, copper, tin, zinc, platinum, gold, and silver.
5. The device of claim 1 where in the at least one bead comprises a polymeric compound, a ceramic compound, a glass compound, or a rubber compound.
6. The device of as described in any one of claims 1 to 5 wherein the base sheet comprise a tab, suitable to wrap around a portion of the body adjacent to the selected skin surface, and adhere when the devise is applied, thus providing a

compression which increases the contact between the body surface and the at least one bead.

7. The device as described in any one of claims 1 to 5 wherein the selected skin surface portion of a human body is the tragus, said device comprising a tab, suitable for adhering to the back of the tragus, and an orienting margin shaped to correspond to the front of the tragus when the base sheet is placed on the selected body surface.

8. The device as described in claim 7 wherein the flexible base sheet comprises a synthetic polymeric film, synthetic polymeric fibers in a woven fabric, or natural fibers in a woven fabric; and wherein the at least one bead comprises iron, titanium, stainless steel, nickel, copper, tin, zinc, platinum, gold, or silver.

9. The device of any one of claims 1 to 8 comprising two or more beads.

10. The device of any one of claims 1 to 9 further comprising a release film.

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11. A kit of parts comprising a device as claimed in any one of claims 1 to 10, packaging material, and instructions for use in acupressure.

12. The kit of claim 11 wherein the instructions comprise one or more pictures illustrating how to align the orienting margin with the shape on or adjacent to the selected skin surface.

13. Use of a device as claimed in any one of claims 1 to 10 in acupressure

20 14. Use of a device as claimed in any one of claims 1 to 10 for application of pressure to an acupressure, therapy or reflex point on the skin of a human.

15. A method for applying pressure to one or more selected points on a selected skin surface portion of a human body comprising aligning an orienting

margin of a device as defined in any one of claims 1 to 10 with a corresponding shape on or adjacent to said skin surface portion, conforming the shape of the device to the intended site of adhesion and causing adhesion of the device, wherein said adhesion of the device results in the application of pressure to said 5 selected points.

16. A method for correcting an energy flow imbalance in a human comprising applying a device as defined in any one of claims 1 to 10 to an acupressure point on the skin of said human.

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17. A method for producing an increased sense of well-being in a human comprising applying a device as defined in any one of claims 1 to 10 to a selected skin surface portion of said human.

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18. A method for treating a condition selected from headache, premenstrual syndrome, stress, anxiety, muscular-skeletal pains, allergies, and depression, in a human comprising applying a device as defined in any one of claims 1 to 10 to a selected skin surface portion of said human.

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19. A method for promoting weight loss in a human comprising applying a device as defined in any one of claims 1 to 10 to a selected skin surface portion of said human.

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20. A method for promoting smoking cessation in a human comprising applying a device as defined in any one of claims 1 to 10 to a selected skin surface portion of said human.

21. The method of any one of claims 15 to 20 further comprising applying external pressure one or more times to said device on the skin.

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22. The method of claim 18 further comprising applying external pressure to said device when a symptom of said condition appears or worsens.

23. The method of claim 19 further comprising applying external pressure to said device to alleviate an immediate desire to eat.

24. The method of claim 20 further comprising applying external pressure to 5 said device to alleviate an immediate desire to smoke.

25. The method of any one of claims 21 to 24 wherein the external pressure is applied by pinching said device against said skin surface portion.

10 26. The method of claim 21 wherein the external pressure is applied multiple times over a period of hours.

27. An acupressure device as claimed in claim 1, substantially as described herein with reference to the drawings.

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